

September week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Homemade Granola and milk replacement with fresh figs.	Scrambled eggs with smoked salmon and rocket Peach	FastTrack Muesli and milk replacement with Berries	Poached eggs on sliced deli ham and tomatoes. Oat cakes.	Smoothie: berries, peach, banana and ground almonds. Milk substitute of choice.	Kippers and grilled tomatoes. Oat cakes	Chopped raspberries, melon & peach topped with toasted almonds & pumpkin seeds and a dollop of natural yoghurt.
Lunch	Spicy red lentil soup Side salad Handful of nuts and raisins.	Baked potato Baked beans Side salad	Hummus Oat cakes Cherry tomatoes, cucumber & carrots Apple	**Easy shop bought option** Sushi Nakd bar	Cold sausage salad with hard boiled egg. Orange	Homemade watercress soup Rice cakes Hummus Fig	Spinach and watercress salad with tuna, cherry toms and olives.
Dinner	Grilled lamb steaks Chick pea mash Courgettes & leeks	Creamy chicken, leeks, mushrooms and cherry tomatoes with added feta cheese.	Baked salmon steak Wild rice Runner beans, baked tomato and watercress	Gluten free sausages (<i>cook some for lunch tomorrow</i>) Stir fried vegetables with pumpkin seeds.	Thai green curry Jasmine rice Stir fried veggies	Grilled pepper mackerel salad. Oat cakes. Mango	Roast meat of choice. Roast vegetables of choice. Blackberry 'crumble' Dollop of yoghurt
Snacks if hungry	Peanut butter and apple.	Apple & hummus	Olives Nuts and dried fruit	Sliced kiwi, mango and coconut chunks	Box of strawberries	Granola with milk replacement	Celery and nut butter

Seasonal foods this month: **In season.** Apples, blackberries, figs, peaches, plums, raspberries, redcurrants, strawberries. Artichoke, aubergine, beetroot, broad beans, courgettes, leeks, potatoes, radishes, runner beans, spring onions, sweetcorn, turnips, watercress. Lamb, rabbit, venison. Crab, mackerel, plaice, sea trout, turbot.